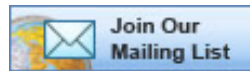




March 26th, 2015



Included in this Newsletter

Spring Clinics

Congratulations Anna and Hannah Sisters

News with Norco: Spring has Sprung
Gavin's Recruiting Information

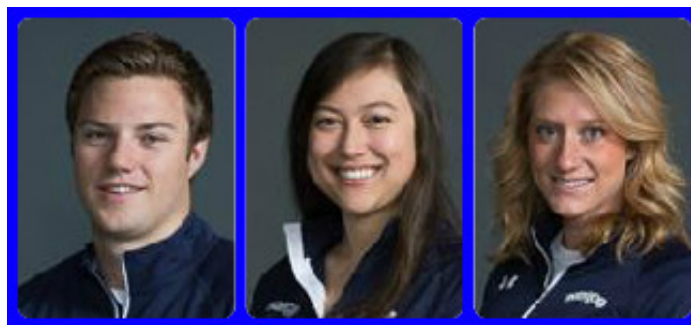
Power 4 Odd Winners

Spring Middle School League

Safe Travels

Thank you 12 Black!
Pictures

Serving/Serve Receive **March 28th 1:30-3:30**



Led by: Kevin Baker, Ashley Acuff, and Tory Macomson,
Assisted by: Chelsea Cloutier, Whitney Carlson, Heidi Friedrich, Kelly Mundhenk, and Alx Bodayla.

This 2-hour clinic will teach the basics of footwork, body position, the toss, arm swing, and follow-through. The clinic will also teach the techniques, skills, and mindset needed to serve at a consistent and accurate level. Participants will have the opportunity to learn how to do various overhand and jump serves including top-spin and float serves. Great passers always find a way to earn playing time! Passing is a fundamental skill that helps every team and player achieve their

potential. All positions welcome - work on serve receive, dig transition, down ball, and free ball defense. Special emphasis will be placed on developing Volleyball IQ and learning the vital skills of platform passing, overhead passing, and reading a hitter/server.

Click Below to Register:
[Serving/Serve Receive](#)

Congratulations Anna and Hannah!

***Anna Breidt commits to
South Dakota School of Mines!***



Congratulations Anna!
Anna has committed to play for the
South Dakota School of Mines & Technology.
Anna is a 5+ year NORCO player,
your hard work has paid off Anna!!

***Hanna Atkinson commits to
Adams State University!***



Congratulations Hannah!
Hannah has committed to play for the
Grizzlies at Adams State University next year.
Good job, Hannah!!



The "Berry Sisters"

Kailey and Casady Berry have been playing volleyball at NORCO for 5 years starting with Volleykidz at ages 8 and 9. Their love for the game along with the guidance given by NORCO coaches and administration has lead to a multitude of growth, determination and "digging deep" for these two young ladies.

Power 4 Odd proved to be quite a "treat" for the Berry Family as both girls were able to play at their "home away from home"- NORCO. The day just got "sweeter" as they plowed through their power and with great team mates by their sides NORCO 15 White and 13 Black worked hard to finish with wins! When it was time for a picture of their successes, the Berry Sisters wanted to make sure the NORCO sign was represented as they were quite proud to be a part of winning teams at this special place they call their volleyball home! And NORCO is very proud to have these two sisters representing our club with such pride, passion and integrity!!!

News

with

NORCO

April is the Month and Happy Easter to All!

Many teams are traveling out of State during April to participate in Junior National Qualifiers. With all the travel, several teams schedules had to be change to accommodate air travel. All of this has been publicized in newsletters, emails and on the practice calendar since November. Please check April's practice calander for changes and plan accordingly. April is also the official end of the RMR season as well. The **RMR JNQ** is May 3rd and that is for select teams (Top 8) to participate in and hopefully win a bid to New Orleans for the Girls National Championship. Teams that may be eligible have been notified via their coaches and team managers.

Spring Clinics are over this Saturday and behalf of the entire coaching staff and organization, we **THANK YOU** all for partiapiating in these. As stated at the beginning of the season, we host these clinics to give our players and others a chance to train a little more and at the same time, it creates an oppportutinty to supplement the coaching salaries each season.

Summer clinic schedule is being prepared and should be up on the web by April 13th. We have many out of State Top Collegiate Coaches visiting us and hosting clinics. We want to see you all this suymmer!

Class of 2015: we will have our annual "**Senior Celebration**" in April to honor and wish our seniors the best of luck in their collegiate pursuits. Exact time and date TBA.



From Recruiting Director Gavin Markovits

It is hard to believe we are getting close to the end of our season already. I wanted to provide a resource for parents that encompassed a lot of questions you may have had during the season. This page from USA Volleyball touches on everything from recruiting, to spectator behavior and choosing a summer volleyball camp.

**We at NORCO strive to give your daughters the best possible experience,
but we also want to help educate and mentor our parents.**

Click the link below for helpful information:

[Team USA: Parents](#)

Congratulations Power 4 Odd Winners **NORCO 15 Blue**



NORCO 15 White



NORCO 13 Black



Spring Middle School League 2015



NORCO's Middle School League is designed for the beginner to intermediate volleyball player and is open to both club and non-club members. This is a great opportunity to freshen up on your skills, get lots of touches and play with old friends or meet new ones! This league is suited for players who are or will be in 6th - 8th grade.

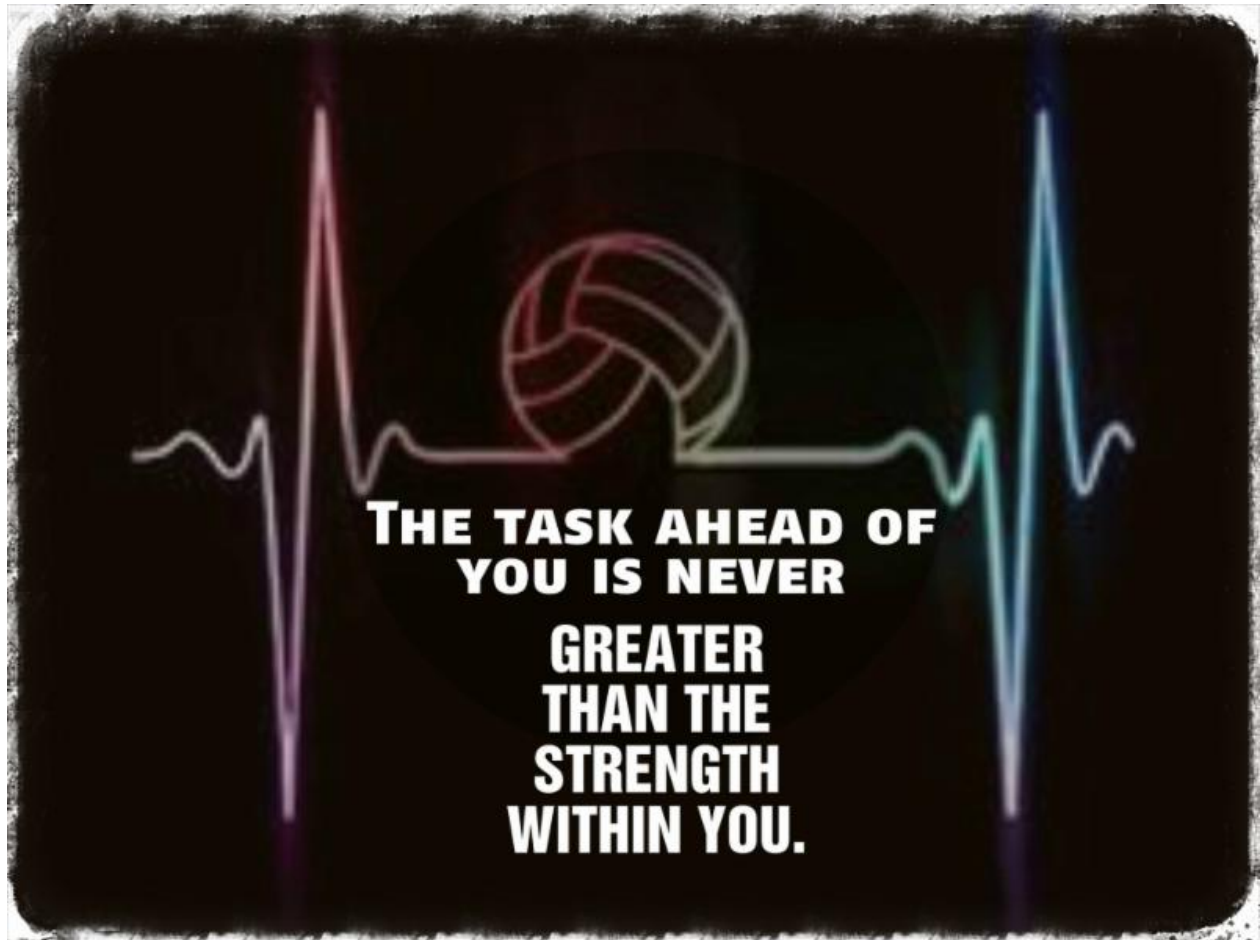
During the Middle School League, NORCO provides a lead instructor as well as high school aged coaches for teams, should they need one! This is important at this level because we want to provide instruction as well as team play.

During the registration process you will have the option for to sign up as an individual, request a team, or request a friend.

**Practices will be Mondays from 4:30 - 6:00 pm and
matches will be Fridays from 6:00 - 7:30 pm.**

Click below to register:
[Spring MS League Registration](#)

Safe Travels to 18-1 and 15-1!



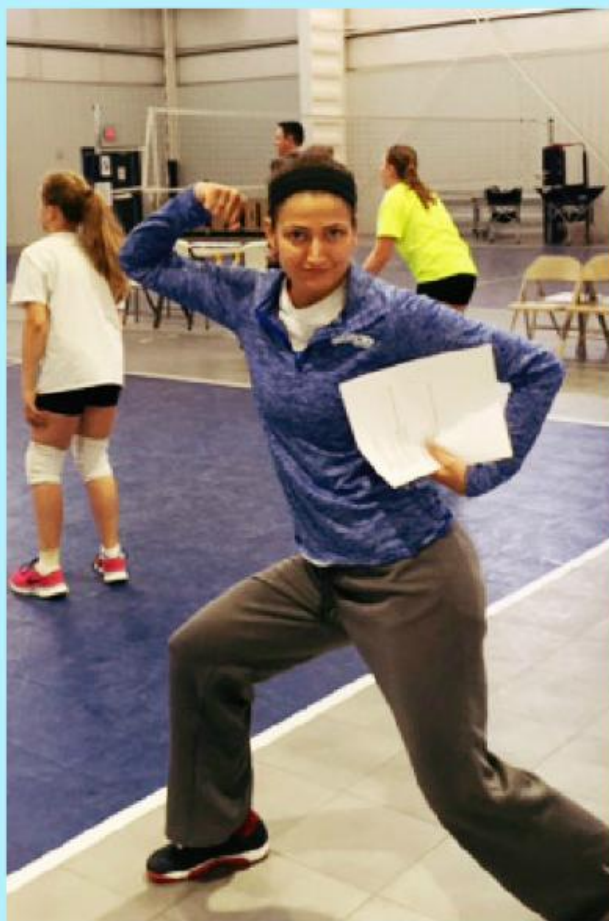
Thank you
12 Black for your time at the Bingo Hall!



Pictures

Passing-Defense Clinic







Macie (17 Black) Celebrating a win!



16 White at Practice



CSU's Club Team and NORCO Coaches playing in Las Vegas



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Try it FREE today.

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